

MEDICOS **NEXT...**



**Supporting
Mental Health in
the workplace**

EMOTIONAL BREAKDOWN

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CONTENT

AUGUST 2023 ISSUE 37

HOW ARE YOU?

Useless
Broken
Confused Betrayed

Never good Enough

I'm falling apart and
Fragile Anxious
You don't notice it

Rejected
Lonely
Defeated
Pathetic Annoying

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